

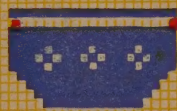
COOKING THE



OXO



WAY





FACTORIES



CATTLE FARMS



LIEBIG'S EXTRACT OF MEAT COMPANY LTD.

ORIGINATORS OF CONCENTRATED BEEF EXTRACT

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INTRODUCTION

Few things in life give greater pleasure than well-cooked meals. These need not be complicated to prepare or require long lists of unusual ingredients, for it is surprising what can be done with 'odds and ends'.

This book, specially prepared for you by a cookery expert, shows that meals can be both simple and attractive. All the recipes have been tested, and to make them easy to follow, each is given in a series of steps. You'll find, too, that there are many practical and helpful hints in the prefaces to each section.

Following its very successful earlier editions, the book has been enlarged to include a separate page on Gravies, several additional recipes, a special Scottish section and a table of equivalent cooker temperatures.

Remember that a little care can work wonders with the most ordinary meals, for each ingredient has its part to play in the final result. This is why OXO is so important, for it brings out all that is best in other ingredients while adding strength and savour to the meal as a whole.

Oxo Fluid can be used in place of Oxo Cubes in these recipes. The equivalent is 1 level teaspoonful of Oxo to 1 Oxo Cube.

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GRAVIES

Gravy is really the simplest of all sauces, and can do much to make or mar a meal.

The following methods of preparing excellent meaty gravies have been extensively tested, and you'll find that they make many dishes even more appetising.

Thick Gravy for Roasts

Dissolve an Oxo Cube in $\frac{1}{2}$ pint hot water (or vegetable water). Strain off all but one tablespoonful fat from baking tin. Sprinkle in 1 level tablespoonful plain flour and mix it thoroughly with the fat and meat sediment. Cook slowly for 3 minutes until bubbling and slightly brown. Gradually stir in the Oxo stock, continue stirring until gravy boils. Season carefully. Simmer 3 minutes. Strain and serve.

Gravy for other uses

To prepare thickened gravy without a joint, put into a small saucepan enough dripping to produce 1 tablespoonful when melted. Stir in the flour and proceed as above.

Thin Gravy for Roasts

Strain all fat from the baking tin. Place tin over low heat and dredge with flour, about $\frac{1}{2}$ teaspoonful, to absorb fat residue and sediment. Add $\frac{1}{2}$ pint Oxo stock. Stir well and bring to the boil. Skim if necessary, season to taste, strain and serve. For a lighter coloured gravy, add 2 tablespoonful milk to each $\frac{1}{2}$ pint of gravy. This also gives a delicious flavour.

Points to remember in gravy making

a. Use dripping. b. Use plain flour. c. Stir all the time to keep gravy smooth. d. Use the meat sediment. e. Season carefully

SOUPS & SAUCES

SOUPS

When a meal starts with a really good soup, other courses are appreciated all the more. And soups need not be difficult to make. Most ingredients are already in the larder or easily obtainable, while Oxo provides a rich, beefy basis and saves the time and trouble of preparing stock.

When you need something hot for meals on a cool summer day, you will find the Summer Soup (page 24) both light and warming.

SAUCES

The use of sauces is well worth cultivating ; they give interest to the most ordinary meals, adding colour, nutriment and piquancy. As you will see from this section, a good basic sauce can be used for a variety of foods. Sometimes a sauce is used for binding, or to moisten and flavour as in recipes for Meat Croquettes and Stuffed Pancakes.

CREME LENTOXO

- 1 *teacup lentils.*
- 1 *ham bone or bacon pieces.*
- 1 *or 2 Oxo Cubes (as preferred).*
- 2 *pints water.*
- $\frac{1}{2}$ *pint milk.*
- Bay leaf and parsley.*
- 1 *onion chopped.*
- 1 *dessertsp. flour.*
- Small knob fat.*
- Salt and pepper.*

Six servings.

1. Wash lentils and soak overnight.
2. Fry onion in hot fat until soft (with bacon if used).
3. Add drained lentils, ham bone, water and crumbled Oxo Cubes.
4. Bring to boil, skim and simmer 2 hours.
5. Remove bone and herbs, and press soup through a sieve.
6. Blend flour with 2 tablespoons milk.
7. Add remaining milk and stir into the soup.
8. Re-heat and check seasoning.

FRENCH ONION SOUP

3 Oxo Cubes.
 1 quart water.
 1 lb. onions.
 2 ozs. margarine.
 1 oz. grated cheese.
 Salt and pepper.
 Toast.

1. Heat margarine in saucepan.
2. Slice onions in rings and put into pan.
3. Stir frequently and cook until slightly browned.
4. Add water and Oxo Cubes and stir until dissolved.
5. Bring to boil skim and simmer 20 minutes.
6. Season and pour into hot soup bowls.
7. Sprinkle with grated cheese and serve with toast.

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Six servings.	

MINESTRONE

1 onion.
 1 tablesp. olive oil.
 $\frac{1}{2}$ clove garlic if liked.
 2 potatoes.
 1 or 2 Oxo Cubes (as preferred).
 1 tablesp. chopped parsley.
 4 tomatoes or $\frac{1}{2}$ cup canned tomatoes.
 1 cup chopped raw cabbage.
 2 tablesps. macaroni.
 $\frac{1}{2}$ tsp. salt, $\frac{1}{4}$ teasp. pepper.
 Grated cheese.

Six servings.

1. Sauté chopped onion and garlic in olive oil until lightly brown.
2. Peel and dice potatoes and tomatoes, and add to the pan with parsley and salt.
3. Dissolve Oxo in 2 pints hot water and pour into pan.
4. Bring to boil, skim if necessary and simmer 30 minutes.
5. Throw in macaroni and cabbage.
6. Cook a little faster, closely covered for 20 minutes. Stir occasionally.
7. Add pepper and serve in hot bowls with grated cheese on top.

BROWN SAUCE

- 1 Oxo Cube.
- 1 oz. dripping or margarine.
- 1 dessertsp. flour.
- 1 small onion.
- 1 small carrot.
- 1 teasp. ketchup.
- Pepper.

1. Dissolve Oxo Cube in $\frac{1}{2}$ pint hot water.
2. Chop onion and fry in melted fat until soft, but not brown.
3. Stir in the flour and cook slowly for 5 minutes.
4. Add Oxo stock gradually and sliced carrot.
5. Stir while bringing to boil, skim and simmer 20 minutes.
6. Season with pepper and ketchup.
7. Strain for use.

Served with any entrée made from beef or mutton and with made-up dishes.

CURRY SAUCE

- $\frac{1}{2}$ oz. butter or margarine.
- 1 small onion or shallot.
- 1 heaped dessertsp. rice flour or flour.
- 1 heaped teasp. curry powder.
- 1 small apple.
- 1 teasp. lemon juice.
- 1 Oxo Cube.

Salt to taste.

Two/three servings

1. Prepare curry in enamel lined pan.
2. Melt butter and sauté finely chopped onion 3 minutes.
3. Stir in flour and curry powder.
4. Add chopped apple, crumpled Oxo Cube and $\frac{1}{2}$ pint water.
5. Bring slowly to boil, stir and skim if necessary.
6. Simmer half an hour. Add lemon juice and salt to taste.
7. A few sultanas may be cooked with the sauce if desired.
8. Sauce may be prepared overnight and allowed to mellow.

Used for cooked or canned fish, vegetables, cooked meat, poultry, game or hard boiled eggs.

MUSTARD SAUCE

- 1 dessertsp. flour.
- 1 oz. margarine.
- 1 Oxo Cube.
- 1 dessertsp. mustard, dry.
- 1 teasp. sugar.
- 1 teasp. vinegar.
- $\frac{1}{4}$ teasp. salt.

Four/five servings.

1. Dissolve Oxo Cube in $\frac{1}{2}$ pint hot water.
2. Melt margarine in a small pan.
3. Stir in flour and cook 3 minutes.
4. Add $\frac{3}{4}$ of the Oxo stock gradually, stir till boiling.
5. Blend mustard with remaining Oxo and add to the sauce.
6. Add sugar, salt and vinegar.

For grilled or fried herrings, mackerel, and boiled beef.

TOMATO SAUCE

Small rasber bacon or bacon rinds.

- 1 small onion.
- 1 small carrot.
- 4 tomatoes.
- 1 teasp. dripping.
- 1 Oxo Cube.
- 1 heaped teasp. flour.
- Salt and pepper.*

Four servings.

1. Cut bacon and vegetables into small pieces.
2. Fry bacon slightly in melted fat.
3. Add vegetables and cook 5 minutes.
4. Stir in flour.
5. Add Oxo Cube and $\frac{1}{2}$ pint water.
6. Boil up and skim.
7. Simmer 30 minutes. Season.
8. Press through a strainer before use.

Ideal with most fish dishes, entrées and made-up dishes.

MAIN DISHES



Dishes made from fresh meat are all the better for the addition of Oxo, particularly when the meat is allied with other foods. Steak and Mushroom Pudding (page 19) and Savoury Roly-Poly (page 18) are good examples of how Oxo intensifies and brings out the meat's flavour.

Re-heated meals are often necessary to make full use of whatever meat is available, but there is no reason why these should not be nutritious and tasty, provided that the following points are kept in mind. Remember that cooked foods should not be re-cooked, only re-heated. Any additions to the dish must be cooked, though. Re-heated foods also need protecting. That is why they are invariably covered with potato or pastry, coated with batter or egg and bread-crumbs, or heated in a sauce. And here's the most important rule of all—Oxo is a necessity. Food when re-heated loses some of its original flavour, and Oxo helps to restore this.

The meat mixture bound with sauce, used in Meat Croquettes (page 15), Coquilles (page 31) etc., may be used for stuffing large Spanish onions, cabbage, tomatoes, omelets, pancakes, or may be enclosed in pastry or potato cases.



You'll like Beef Chowder (page 9). It is something between a soup and a stew, and is best served in soup plates or bowls and eaten with a spoon.

BAKED MEAT MOULD

6/8 ozs. cooked or canned meat.

2 ozs. cooked bacon or ham.

1 thick slice bread.

1 very small onion.

Few sprigs parsley.

1 egg.

1 or 2 Oxo Cubes (as preferred).

1/4 teasp. salt.

Pepper.

Three/four servings.

1. Remove skin and gristle from meat.
2. Dissolve Oxo Cubes in 3 tablesps. boiling water.
3. Mince meats, bread, onion and parsley together.
4. Add beaten egg, Oxo, salt and shake of pepper. Mix well.
5. Grease a small round cake tin and dredge thickly with browned crumbs.
6. Turn mixture into prepared tin.
7. Cover with greased paper and put a weight on top.
8. Bake in moderate oven 50 minutes.
9. Turn out carefully and serve with tomato or brown sauce.

Note : This mould may be served cold.

BEEF CHOWDER

1 lb. stewing steak.

3 large cups (diced and mixed) of onions, carrots, potatoes, celery or chicory, turnip or swede.

4 tomatoes.

2 Oxo Cubes.

1 tablesp. fat.

Handful macaroni or noodles.

Small tin baked beans.

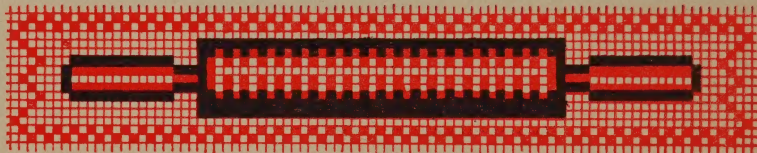
Parsley and bay leaf.

Salt and pepper.

Five/six servings.

BEEF CHOWDER (*continued*)

1. Wipe meat, remove fat and cut into 1 in. pieces.
2. Fry quickly in smoking hot fat until brown.
3. Add prepared vegetables, herbs tied together and 1 teaspt. salt.
4. Dissolve Oxo Cubes in 1 pint hot water and pour into pan.
5. Boil up, skim and simmer 1½ hours.
6. Add macaroni and simmer a further ½ hour.
7. Remove herbs and add baked beans.
8. Check seasoning and re-heat.



BEEF OLIVES

- 1 lb. good stewing steak (*not shin of beef*).
 3 tablesps. veal stuffing.
 1 dessertsp. flour.
 1 dessertsp. dripping.
 2 onions.
 Salt and pepper.
 1 Oxo Cube. Vegetable garnish.

Four servings.

1. Cut meat into thin strips about 3 in. by 4 in.
2. Season and spread with a little stuffing. Roll up and tie with string.
3. Fry meat quickly in hot dripping until brown on both sides.
4. Remove meat and fry onions 3 minutes.
5. Stir in flour and cook 5 minutes. Add Oxo and ½ pint water or stock.
6. Boil up, skim, season and put in the meat.
7. Simmer 2 hours. Dish carefully, remove string and pour sauce round.
8. Garnish with cooked vegetables.

CORNERD BEEF HASH

- 1 cup chopped cornerd beef, or cooked meat.
- 2 cups diced cooked potatoes.
- 1 tablesp. chopped onion.
- 1 Oxo Cube.
- 1 oz. dripping or cooking fat.
- Salt and pepper.
- Parsley.

Two servings.

1. Dissolve Oxo Cube in $\frac{1}{4}$ cup hot water.
2. Mix together meat, potatoes and onion.
3. Moistern with the Oxo stock and add seasoning to taste.
4. Make the fat hot in a heavy frying pan.
5. Put in meat mixture, spreading evenly over the pan.
6. Cover and cook slowly until the underneath is nicely browned.
7. Fold in half and serve on a hot dish garnished with parsley.

CORNERD BEEF PASTY

- 6 ozs. rough puff or flaky pastry.
- 4 ozs. cornerd beef.
- 1 teasp. grated onion if liked.
- 1 Oxo Cube.
- 1 heaped teasp. flour.
- $\frac{1}{2}$ cup stock or water.

Three/four servings.

1. Mix flour and stock to a smooth paste in a small pan.
2. Add crumbled Oxo Cube and stir while bringing to the boil.
3. Add chopped meat and onion. Mix well and season if necessary.
4. Roll pastry to a square $\frac{1}{3}$ in. thick.
5. Spread meat mixture on one half, damp edges and fold over.
6. Seal and knock up edges. Brush top with milk.
7. Make 3 diagonal cuts across the top to release steam.
8. Bake in a hot oven 25-30 minutes.

CORNED BEEF RAGOÛT

- 2 cups diced carrots and onions.
- 1 Oxo Cube.
- 1 cupful cooked macaroni.
- Salt and pepper.
- 6 ozs. corned beef.
- 1 heaped teasp. flour.
- 3 tomatoes.

Three servings.

1. Put carrots, onions and crumpled Oxo Cube in a saucepan.
2. Pour on $\frac{1}{2}$ pint water, boil up and simmer gently 30 minutes.
3. Add skinned tomatoes cut in pieces and simmer 10 minutes.
4. Thicken with flour blended with a spoonful cold water.
5. Add macaroni and corned beef cut in dice.
6. Heat through but do not boil rapidly.
7. Check seasoning and serve.

CORNISH PASTIES

- 4 ozs. cooked and canned meat.
- 4 ozs. cooked potato.
- 1 small onion.
- 1 teasp. fresh parsley.
- 1 Oxo Cube.
- Salt and pepper.
- 6 ozs. short pastry.

Eight small or four large pasties.

1. Roll pastry to $\frac{1}{4}$ in. thickness and stamp into large rounds.
2. Grate onion and cut meat and potatoes into small pieces.
3. Mix all together, add chopped parsley and seasoning.
4. Moisten with Oxo dissolved in 2 tablesps. boiling water.
5. Place a spoonful of this mixture across centre of each pastry round.
6. Damp edges and draw together to cover filling and make a ridge down centre.
7. Press to seal, and flute ridge.
8. Bake in moderately hot oven 30 minutes.

Notes.—Serve hot with thick Oxo gravy. Raw meat and potatoes may be used, but pasties must then be baked for approx. 1 hour.

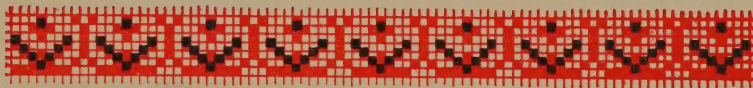
CURRIED BEEF & RICE

- 1 Oxo Cube.
- 1 small onion.
- 1 small apple.
- 1 dessertsp. flour.
- 1 dessertsp. curry powder.
- 1 oz. margarine.
- 1 teasp. lemon juice.
- Some cold cooked beef or canned steak.
- 4 ozs. rice.

Two servings.

1. Peel and chop onion and apple.
2. Fry onion in melted margarine 10 minutes.
3. Stir in flour and curry powder and cook 5 minutes.
- *4. Add chopped apple, crumbled Oxo Cube and $\frac{1}{2}$ pint water.
5. Bring slowly to the boil, stir and skim if necessary.
6. Simmer half an hour. Add lemon juice and salt to taste.
7. A few sultanas may be cooked with the sauce if desired.
8. Sauce may be prepared overnight and allowed to mellow.

*Note.—If canned steak is used add only $\frac{1}{3}$ rd pint of water.



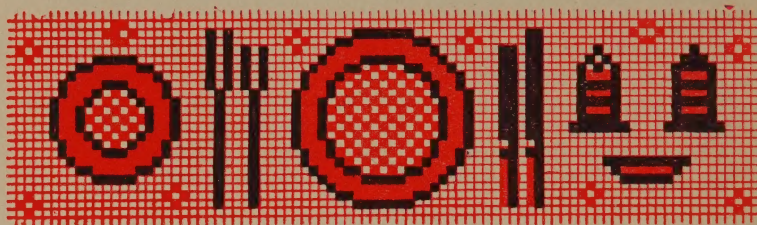
FAMILY MINCE

- 1 lb. stewing steak.
- 1 small onion.
- $\frac{1}{4}$ lb. medium oatmeal.
- 2 Oxo Cubes.
- Salt and pepper.
- 1 teasp. dripping.
- 1 teasp. ketchup (optional).

Five/six servings.

FAMILY MINCE (continued)

1. Mince steak and onion.
2. Fry lightly in melted dripping 10 minutes.
3. Stir with fork to prevent lumping.
4. Dissolve Oxo Cubes in 1 pint hot water and pour into pan.
5. Rain in oatmeal.
6. Bring to boil and season well.
7. Simmer *very* gently 50 minutes stirring frequently to prevent sticking.
8. Add ketchup just before serving.



GOULASH

- 1 lb. stewing steak.
- 2 rashers bacon.
- 2 onions, chopped.
- 4 tomatoes or 1 cup canned tomatoes.
- 4 potatoes.
- 1 teasp. paprika pepper.
- 1 oz. dripping.
- 1 Oxo Cube.
- Salt.

Four servings.

1. Cut steak into $\frac{1}{2}$ in. cubes and bacon into small pieces.
2. Fry lightly with onion in hot fat until browned.
3. Add tomatoes, skinned and quartered, $\frac{1}{2}$ teasp. salt and paprika.
4. Dissolve Oxo in 1 cup hot water and pour over meat.
5. Bring to boil and simmer until meat is tender, $1\frac{1}{2}$ -2 hours.
6. Half an hour before serving add potatoes peeled and cut into small cubes.

MEAT & VEGETABLE PIE

1 tin stewed steak.

2 or 3 onions.

1 or 2 Oxo Cubes.

Salt and pepper.

Pastry to cover the dish.

2 carrots.

Green peas if available.

Four servings.

1. Dice carrots and onions and cook vegetables until tender.
2. Mix with steak in a pie dish.
3. Dissolve Oxo in $\frac{1}{2}$ cup hot vegetable stock and pour into the pie dish.
4. Season as necessary.
5. Cover with pastry ; cut odd pieces into leaves to decorate the top.
6. Make a hole in the centre to release steam.
7. Bake in a hot oven about 20 minutes, reduce heat for further 20 minutes.

MEAT CROQUETTES

$\frac{1}{2}$ lb. cold meat or canned meat.

1 Oxo Cube.

1 dessertsp. flour.

A walnut margarine.

Salt and pepper.

Beaten egg and crumbs.

Four servings.

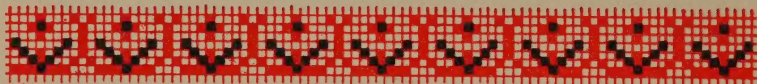
1. Dissolve Oxo Cube in 4 tablesp. hot water.
2. Remove fat and gristle from meat and mince it.
3. Make a thick sauce with margarine, flour and Oxo. Season well.
4. Add meat and bind to a soft consistency.
5. Spread on a wet plate. When cold divide into 8 pieces.
6. Form into cork-shaped rolls.
7. Coat twice with beaten egg and crumbs.
8. Fry in smoking hot deep fat 5 minutes. Drain well.

MINCED COLLOPS

- 1 *lb. minced steak.*
- 1 *small onion.*
- 1 *teasp. butter or margarine.*
- 1 *or 2 Oxo Cubes (as preferred).*
- Salt and pepper.*
- 1 *dessertsp. flour.*

Four servings.

1. Melt butter in saucepan.
2. Put in meat and finely chopped onion.
3. Stir and cook until browned.
4. Add crumbled Oxo cubes and flour blended with $\frac{1}{2}$ cup water.
5. Stir until boiling. Simmer 30 minutes.
6. Season and serve with triangles of toast.



RAGOUT OF RABBIT

- 1 *lb. rabbit, jointed.*
- 1 *rasher bacon.*
- 2 *small onions or shallots.*
- 1 *small carrot.*
- 1 *tomato—1 clove.*
- 1 *tablesp. dripping.*
- 1 *Oxo Cube dissolved in 1 teacupful water.*
- 2 *dessertsp. flour.*
- Salt and pepper.*

Four servings.

1. Wipe rabbit and dip in seasoned flour.
2. Cut bacon and vegetables in pieces and fry lightly in dripping 10 minutes.
3. Remove from pan.
4. Add more dripping if necessary and fry rabbit joints lightly brown.
5. Return bacon and vegetables to pan.
6. Add clove, $\frac{1}{2}$ teasp. salt and Oxo stock. Boil up and skim.
7. Simmer rabbit until tender, $1\frac{1}{2}$ -2 hours.
8. Thicken with 1 dessertsp. flour. Check seasoning.

RÉCHAUFFÉ OF CHICKEN OR TURKEY

Remains of cooked bird.

$1\frac{1}{2}$ Oxo Cubes.

$1\frac{1}{2}$ ozs. margarine.

2 dessertsp. flour.

Small can mixed vegetables.

1 onion.

Poultry gravy or stock.

Four/six servings.

1. Cut bird into joints, remove skin and season.
2. Make gravy or stock up to 2 cups with hot water and dissolve Oxo.
3. Melt margarine and sauté finely chopped onion 10 minutes.
4. Stir in flour and cook 3 minutes.
5. Add Oxo stock gradually and stir until boiling. Season well.
6. Drain vegetables well and put in oven-proof dish.
7. Arrange joints on top and pour over the Oxo sauce.
8. Cover closely and heat in a moderate oven, 20-30 minutes.

RICE CUTLETS

$\frac{1}{4}$ lb. rice.

$\frac{1}{2}$ lb. cold meat.

2 ozs. fresh breadcrumbs.

1 Oxo Cube.

1 teasp. ketchup.

1 dessertsp. margarine.

Salt, pepper and cayenne.

Beaten egg and crumbs.

Eight/ten cutlets.

1. Cook rice in boiling salted water until tender. Drain.
2. Chop or mince meat.
3. Dissolve Oxo in 2 tablesp. boiling water.
4. Mix thoroughly meat, rice, breadcrumbs and fat.
5. Season and moisten with Oxo and ketchup.
6. Form into cutlet shapes.
7. Coat with beaten egg and crumbs.
8. Cook in hot deep fat 5 minutes.

SAUSAGE PIE

1 *lb. sausage meat.*

1 *onion or leek.*

1 *Oxo Cube.*

$\frac{1}{2}$ *lb. tomatoes.*

Salt and pepper.

1 *lb. potatoes, cooked and mashed.*

Three servings.

1. Chop the onion or leek finely and crumble the Oxo Cube.
2. With a fork mix the onion and Oxo into the sausage meat.
3. Form into a flat cake and fry for 15 minutes, turning once.
4. Cut into slices and arrange in a pie dish alternately with sliced tomatoes.
5. Cover with well seasoned mashed potato.
6. Fork up the top and scatter with tiny pieces of margarine or dripping.
7. Bake in a moderately hot oven 30 minutes.
8. Serve with thick Oxo gravy.

SAVOURY ROLY-POLY

8 *ozs. suet pastry.*

4 *ozs. steak.*

1 *small onion.*

1 *Oxo Cube.*

Salt and pepper.

Four servings.

1. Dissolve Oxo in 2 tablesps. boiling water.
2. Mince steak and onion together.
3. Season well and moisten with Oxo.
4. Roll pastry to oblong shape.
5. Spread meat on evenly.
6. Damp edges and roll up.
7. Tie in greased paper and pudding cloth.
8. Boil gently for 2 hours, or steam for $2\frac{1}{2}$ hours.
9. Serve with thick Oxo gravy.

SHEPHERDS PIE

$\frac{1}{2}$ lb. cold meat.

1 lb. potatoes, cooked and mashed.

1 onion.

1 *teasp.* Worcester sauce—optional.

1 or 2 Oxo Cubes.

Salt and pepper.

Three servings.

1. Remove skin and fat from the meat.
2. Mince meat and onion.
3. Dissolve Oxo in 4 *tablesp.* hot water.
4. Moisten the meat with the Oxo stock and season well.
5. Put into a pie dish and cover with potato.
6. Smooth with a knife dipped in hot water.
7. Brush top with milk and bake in a hot oven for 30 minutes.

STEAK & MUSHROOM PUDDING

8 *ozs.* suet pastry.

$\frac{3}{4}$ -1 lb. stewing steak.

1 Oxo Cube.

Salt and pepper.

$\frac{1}{4}$ lb. mushrooms.

1 *tablesp.* flour.

Five servings.

1. Cut steak into 1 in. pieces and roll in seasoned flour.
2. Skin and slice mushrooms.
3. Dissolve Oxo in $\frac{1}{2}$ pint hot water.
4. Line pudding basin with $\frac{2}{3}$ rds of pastry.
5. Put in meat and mushrooms and enough Oxo to reach half way up basin.
6. Cover with remaining pastry and then with floured cloth.
7. Boil or steam 3 hours.
8. Boil up remaining Oxo stock and pour into pudding when serving.

Note : Mushrooms may be omitted if desired.

STUFFED VEGETABLE MARROW

- 1 *small marrow.*
- 4 *ozs. cold cooked meat or canned meat.*
- 1 *small onion.*
- 2-3 *sprigs parsley.*
- 1 *or 2 Oxo Cubes (as preferred).*
- 2 *ozs. breadcrumbs (preferably wholemeal).*
- 1 *oz. margarine.*
- Salt and pepper.*
- 1 *teasp. Worcester sauce.*

Two/three servings.

1. Cut marrow in two and then in halves lengthwise.
2. Peel, remove seeds and steam until almost soft.
3. Dissolve Oxo in 3 tablesp. boiling water.
4. Chop onion finely and sauté in melted margarine 10 minutes.
5. Chop meat and parsley. Mix with breadcrumbs, onion and sauce.
6. Moisten with Oxo, season to taste and mix well.
7. Stuff marrow sections, sprinkle with breadcrumbs and dot with margarine.
8. Put on greased baking sheet and bake in hot oven 15 minutes.
9. Serve with tomato or brown sauce (see pages 6 and 7).

WINTER HOT-POT

- 1 *lb. stewing steak or neck mutton.*
- 2 *large onions.*
- 1 *lb. potatoes.*
- 2 *or 3 tomatoes.*
- 2 *sticks celery.*
- 1 *or 2 Oxo Cubes (as preferred).*
- Salt and pepper.*
- 1 *tablesp. flour.*

Four servings.

1. Grease large pie-dish or casserole.
2. Wipe meat and cut into pieces.
3. Prepare and slice vegetables.
4. Arrange meat and vegetables in layers in dish ending with potatoes.
5. Season and flour each layer.
6. Pour over Oxo dissolved in 1 teacupful hot water.
7. Dot with fat. Cover and cook slowly, 2½-3 hours.
8. Remove cover ½ hour before serving to crisp and brown potatoes.

SCOTTISH DISHES

These have been devised to suit tastes north of the Border, but we think you'll enjoy them wherever you live.

BAKED MINCE

1 *lb. mince.*

1 *slice brown bread.*

Salt and pepper.

1 *egg.*

1 *Oxo Cube.*

1 *teasp. chopped parsley.*

Three/four servings.

1. Dissolve Oxo in 1 teacupful hot water.
2. Crumble the bread and soak it in the Oxo stock.
3. Put the mince in a bowl and add parsley.
4. Beat up the bread and stock and pour over the mince.
5. Add beaten egg and seasoning to taste.
6. Mix well together and turn into a greased pie dish.
7. Cover and bake in a moderately hot oven about 1 hour.

STEAMED MEAT & POTATO MOULD

$\frac{1}{2}$ *lb. cooked or canned meat, or corned beef.*

$\frac{1}{2}$ *lb. mashed potatoes.*

1 *Oxo Cube.*

1 *tablesp. chopped parsley.*

1 *tablesp. sago.*

Salt and pepper.

Pinch ground mace.

Three servings.

1. Dissolve Oxo in $\frac{1}{4}$ cup hot water and let sago soak for 1 hour.
2. Mince or cut up the meat.
3. Work all ingredients together with a fork.
4. Season well.
5. Turn into a greased pudding basin.
6. Tie down and steam 1 hour.
7. Serve hot with Oxo gravy.

MEAT & MACARONI PIE

4 ozs. macaroni.
8 ozs. cooked or canned meat, or corned beef.
1 Oxo Cube.
1 *teasp.* flour.
1 oz. margarine.
Browned crumbs.
Salt and pepper.

Three servings.

1. Cook macaroni in boiling salted water until tender.
2. Mince or cut up the meat.
3. Dissolve the Oxo in 1 teacupful water in which macaroni was boiled.
4. Make a little sauce with half the margarine, flour and Oxo.
5. Put layers of meat and macaroni in a greased pie dish, season as necessary.
6. Pour over the Oxo sauce.
7. Sprinkle top with crumbs and dot with remaining margarine.
8. Bake in a moderate oven 50 minutes.

SAUSAGE & OATMEAL PUDDING

1 lb. sausage meat.
1 onion.
1 egg.
1 cupful medium oatmeal.
1 Oxo Cube.
Salt and pepper.

Four servings.

1. Combine sausage meat, oatmeal and finely chopped onion.
2. Dissolve Oxo in 1 teacupful hot water.
3. Moisten meat mixture with beaten egg and Oxo stock.
4. Mix thoroughly and season if necessary.
5. Put into a greased pudding basin.
6. Tie down and steam 2 hours.
7. Serve hot with Oxo gravy or cold with salad.

SNACKS SANDWICHES & SUMMER DISHES

SNACKS

Some days you may not want a heavy meal but just feel you'd like something light, tasty and easy to prepare. Suggestions in this section are ideal for times like that, and you'll find several more under 'Savouries' too.

SUMMER DISHES

Warm weather is a time for lighter meals, though they must be satisfying as well. But remember that to be really tasty cold foods should be more highly flavoured than hot. This is where Oxo shows yet another of its many uses by giving dishes that extra appetising savour just when they require it most. Don't forget the recipe for Summer Soup (page 24). This is ideal for the cooler Summer days.

Picnic meals need not always consist chiefly of sandwiches, versatile though they are. The Patties (page 25) are substantial, nourishing and good to eat out of doors (they are equally good eaten hot at home). Rice Cutlets (page 17), Meat Croquettes (page 15) and Cornish Pasties (page 12) also make excellent picnic fare.

SANDWICHES

You will find useful hints for sandwiches on page 29.

A QUICK SUMMER SOUP

- 1 *qrt. water.*
- 3 *Oxo Cubes.*
- 1 *tablesp. seed tapioca or sago.*
- 4 *tomatoes.*
- Salt and pepper.*

Four/five servings.

1. Skin and pulp tomatoes.
2. Dissolve Oxo Cubes in water and boil up.
3. Sprinkle in tapioca and simmer about 10 minutes until cooked.
4. Add the tomato purée and cook another 5 minutes.
5. Season and serve.

Note : Half a can of tomato juice or 2 tablespoons canned tomato purée may be substituted for fresh tomatoes.

BEEF ROLL

- 1 *lb. steak.*
- $\frac{1}{4}$ *lb. bacon.*
- $\frac{1}{4}$ *lb. sausage meat.*
- $\frac{1}{4}$ *lb. breadcrumbs.*
- 3 *sprigs parsley.*
- 1 *egg.*
- $\frac{1}{4}$ *nutmeg, grated.*
- 2 *Oxo Cubes.*
- $\frac{1}{2}$ *teasp. salt.*
- Pepper and cayenne.*

Eight/ten servings.

1. Put steak, bacon, bread and parsley through mincer.
2. Add sausage meat, nutmeg and seasonings and mix well.
3. Moisten with beaten egg and Oxo dissolved in 3 tablesps. hot water.
4. Form into neat roll. Tie tightly in greased paper and pudding cloth.
5. Boil gently $2\frac{1}{2}$ -3 hours in Oxo stock.
6. Leave in stock until cool then remove cloth and paper.
7. Press between two plates until cold.
8. Roll in browned crumbs. Serve with salad.

JELLIED MEAT MOULD

$\frac{1}{2}$ lb. mixed cooked or canned meats, include bacon or ham if possible.

1 breakfastcup stock or water.

2 Oxo Cubes.

$\frac{1}{2}$ oz. powdered gelatine (2 level teasp.).

Grating of nutmeg.

Salt and pepper.

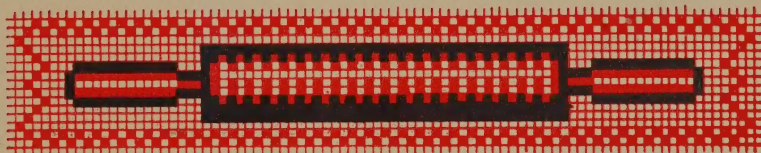
1 hard boiled egg.

1 teasp. Worcester sauce.

Chopped parsley.

Six servings.

1. Add crumbled Oxo and gelatine to stock or water.
2. Stir and heat gently until gelatine is dissolved.
3. Remove gristle and fat from meat and mince it.
4. Cut one slice from middle of egg and chop remainder.
5. Rinse a mould in cold water, put spoonful gelatine stock in bottom.
6. Place slice of egg in centre and leave to set.
7. Mix together meat, chopped egg, nutmeg, parsley and sauce. Season very well.
8. Stir mixture into cooled stock. Pour into mould. Unmould when set.



PICNIC PATTIES

6 ozs. flour } Rough puff pastry.
3 ozs. fat }
6 ozs. uncooked steak.

1 rasher bacon.

3-4 sprigs parsley.

1 Oxo Cube.

Grating of nutmeg.

Salt and pepper.

Six large patties.

PICNIC PATTIES (*continued*)

1. Mince steak, bacon and parsley. Season well.
2. Moisten with Oxo dissolved in 2 tablesps. boiling water.
3. Prepare pastry. Roll out and line 6 patty tins.
4. Fill with meat mixture.
5. Damp edges and cover with pastry rounds.
6. Seal edges and make a hole in centre of each patty.
7. Decorate with remains of pastry cut into leaves.
8. Bake in hot oven 15 minutes. Reduce heat slightly and cook 50 minutes in all.

May be served hot or cold

Appearance improved if pastry brushed with beaten egg or milk before cooking.

May be made on a plate as a pie, if preferred.

If made with canned steak, bake 30 minutes in all.

CORNEB BEEF IN PIQUANT SAUCE

- 1 *tablesp.* butter or margarine.
- $\frac{1}{2}$ Oxo Cube.
- 1 *teasp.* flour.
- 4 *tablesp.* water.
- 1 *teasp.* grated onion or shallot.
- $\frac{1}{8}$ *teasp.* salt.
- Dash of pepper.*
- $\frac{1}{8}$ *teasp.* curry powder.
- 1 *teasp.* Worcester sauce.
- 2-3 *slices* corned beef.

Two servings.

1. Melt butter in a small pan.
2. Add onion and cook until soft.
3. Stir in flour. Cook till bubbling.
4. Add water, Oxo, salt, curry, pepper and Worcester sauce.
5. Stir until thickened.
6. Mix in chopped corned beef and heat through.
7. Pile on freshly made toast and serve at once.

Note : A dessertsp. of chopped gherkin may be added with the meat if liked.

SCRAMBLED EGG ON SAVOURY TOAST

2 rounds toast.

2 eggs.

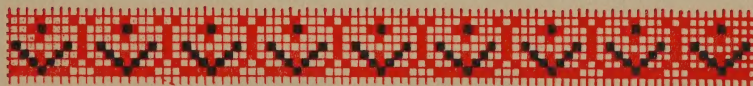
1 Oxo Cube.

1 oz. butter or margarine.

1 tablesp. milk.

Salt and pepper.

1. Grate Oxo Cube and blend with sufficient butter to cover toast.
2. Spread toast with this and keep hot.
3. Melt remaining butter in small pan.
4. Add milk, eggs, salt and pepper.
5. Stir over gentle heat until creamy.
6. Pile on the toast.
7. Garnish with parsley or few grains red pepper.
8. Serve at once.



OXO CHEESE DREAMS

4 slices bread from sandwich loaf.

1 Oxo Cube.

$\frac{1}{2}$ oz. butter or margarine.

Thin slices cheddar cheese.

1 egg.

1 tablesp. milk.

Pepper.

Fat for frying.

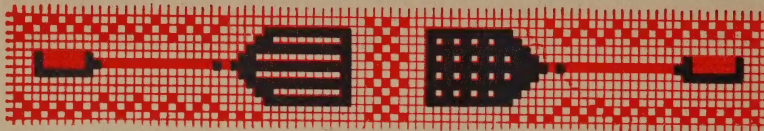
Two servings.

1. Cut bread $\frac{1}{4}$ in. thick.
2. Crumble Oxo Cube and mix with the butter.
3. Spread on 2 slices of bread.
4. Cover surface with cheese.
5. Put remaining bread on top, press down and trim crusts.
6. Beat egg on a plate, add milk and a pinch of pepper.
7. Dip sandwiches in egg on both sides.
8. Fry golden brown in hot, shallow fat. Serve at once.

WELSH RAREBIT

- 1 *teasp. cornflour.*
- 1 *teacupful milk.*
- 1 *Oxo Cube.*
- 3 *rounds of toast.*
- 1 *oz. margarine.*
- 3 *ozs. grated cheese.*
- Salt and pepper.*
- $\frac{1}{2}$ *saltsp. made mustard.*

1. Mix cornflour with a little of the milk.
2. Heat remaining milk to boiling and add crumbled Oxo Cube.
3. Stir in the cornflour, simmer 3 minutes.
4. Add margarine, cheese, mustard and salt and pepper to taste.
5. Mix well and spread on hot toast.
6. Return under a low grill for a few minutes to brown the top.



CARROT TOASTS

- 1 *lb. carrots.*
- 2 *ozs. grated cheese.*
- Pepper.*
- $1\frac{1}{2}$ *ozs. margarine.*
- 1 *Oxo Cube.*
- 3 *rounds toast.*

1. Cut carrots in small pieces and cook until tender.
2. Strain as dry as possible.
3. Mash them and add crumbled Oxo, margarine and cheese.
4. Mix well and season as required.
5. Spread on hot toast.
6. Place under the grill for 3 minutes to reheat and serve at once.

SANDWICHES

What makes a good sandwich? These hints are worth remembering.

Bread is two-thirds of every sandwich, so it should be just right.
Day-old bread is best. Cut medium slices.

Unless you want very dainty sandwiches, leave the crusts on. They keep the bread fresh longer.

Use softened butter or margarine and be as generous as you can. This keeps bread moist and prevents soft fillings causing sogginess.

Spread right to the edge, otherwise first bites may be rather dull.

Chopped fillings make sandwiches more 'comfortable' to eat.

When making sandwiches to eat right away, try toasting the bread on one side.

The best foundation for savoury sandwiches is very simple—Oxo Butter. To make this, blend softened butter or margarine with Oxo. Your own taste will be the best guide but a suggested proportion is 1 oz. butter to $\frac{1}{2}$ to 1 finely crumbled Oxo Cube (or level teaspoon Oxo Fluid). This Oxo Butter gives zest to fillings, and when you need quick sandwiches, makes a delicious spread on its own, e.g., spread it on toast and serve as dripping toast.

Here are a few suggestions—

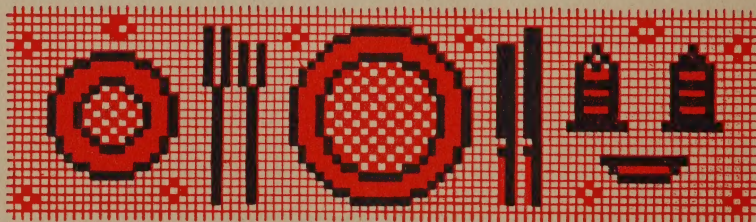
Lettuce, chopped gherkins and Oxo Butter; Oxo Butter, chopped egg and watercress; chopped spring onions or chives and Oxo Butter; 2 oz. cream cheese blended with $\frac{1}{2}$ Oxo Cube, sprinkle of chopped parsley, Oxo Butter and cheese biscuits; Toasted—Oxo Butter, sliced tomatoes and grated cheese.

SAVOURIES

Variety in meals is a wonderful help to appetites and the following pages contain ideas for all tastes and occasions. Recipes that are just right when you want a light meal, ideas for suppertime and parties, and several that are excellent standbys for main dishes. The keynote is savour, and the recipes show how ordinary ingredients can be used to make tasty and out-of-the-ordinary meals. Several can be made even more attractive when prepared and served in individual portions, or, as in the recipe for Coquilles (page 31) scallop shells.

Recipes calling for cooked meat may be made from any mixture of meats, unless specifically stated otherwise. They are greatly improved if a little bacon, ham, liver, kidney or poultry is included. Bacon rashers must be cooked first.

Here's a useful hint when using sausage meat. Crumble an Oxo Cube and work it into the meat with a fork; any small particles dissolve during cooking and it works wonders with the flavour.



COQUILLES

$\frac{1}{2}$ lb. cooked or canned meats or mixture of meat and vegetables.

1 very small onion.

1 Oxo Cube.

1 tablesp. flour.

1 dessertsp. chopped parsley.

1 oz. margarine.

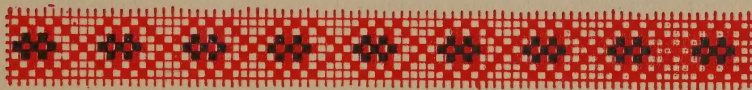
Salt and pepper.

Breadcrumbs.

Four servings.

1. Cut meat and vegetables into small neat pieces.
2. Chop onion very finely and sauté 10 minutes in melted margarine.
3. Dissolve Oxo in teacupful hot water.
4. Blend flour with margarine and onion and cook until it bubbles.
5. Add the Oxo stock and stir until boiling. Season.
6. Add prepared meat and parsley and mix well.
7. Put into 4 buttered scallop shells or oven-proof dish.
8. Cover with crumbs and put tiny pieces margarine on top.
9. Bake 10 minutes or put under grill to brown.

Mashed potato may be piped round edges of the scallops before putting in oven to brown.



EGG SAVOURY

1 rasher bacon.

4 eggs.

1 very small onion.

Scraps cooked liver.

1 Oxo Cube.

1 oz. butter.

Pepper—buttered toast.

Four servings.

EGG SAVOURY (*continued*)

1. Dissolve Oxo Cube in 4 tablesps. hot water.
2. Chop onion very finely and cut bacon in small pieces.
3. Fry gently in melted butter 10 minutes.
4. Add chopped liver and heat a few minutes.
5. Draw pan from heat and break in eggs.
6. Add Oxo and pepper to taste.
7. Stir over low heat until it thickens.
8. Pile on hot buttered toast and garnish with a sprig parsley.
9. Serve with fried tomatoes or mushrooms.

MEXICAN RICE

- 1 cup rice.
- 1 small onion, chopped.
- 1 small green pepper, chopped.
- 2 tablesps. melted fat.
- 4 tomatoes, skinned, or 1 cup canned tomatoes.
- 2 Oxo Cubes.
- Minced cooked or canned meat if available.*
- Salt.*

Four servings.

1. Dissolve Oxo Cubes in 2 cups hot water.
2. Wash rice and sauté in hot fat with onion until browned (15 minutes).
3. Stir frequently to prevent sticking.
4. Add tomatoes, green pepper and the Oxo stock.
5. Cover, bring to boil and simmer 30 minutes.
6. Remove cover and let remaining liquid evaporate.
7. Add meat, if used, and re-heat without boiling.
8. Season to taste.



POACHED EGG ON SAVOURY SPAGHETTI

2 ozs. spaghetti	} per person.
1 oz. cheese, grated	
$\frac{1}{2}$ Oxo Cube	
1 egg	
Pepper	

1. Cook spaghetti in boiling salted water 12 minutes.
2. Strain and use 2 tablesps. of the liquid to dissolve Oxo Cube.
3. Stir this into spaghetti together with cheese.
4. Season and keep hot.
5. Poach eggs and drain well.
6. Place on mounds of prepared spaghetti.
7. Sprinkle with chopped parsley or red pepper.

SAVOURY PANCAKES

3 ozs. flour.
1 egg.
1 Oxo Cube.
Good pinch salt.
Pepper.
Lard for frying.
Grated cheese.

Six/eight pancakes.

1. Dissolve Oxo in 1 breakfastcup hot water. Cool.
2. Sift flour, salt and pepper into a bowl.
3. Make a well in centre and break egg into it.
4. Gradually mix in flour adding Oxo stock by degrees.
5. Beat well. Allow to stand $\frac{1}{2}$ hour.
6. Grease small frying pan and make thoroughly hot.
7. Pour in enough batter to cover surface thinly.
8. Fry golden brown on both sides.
9. Roll up and keep hot.
10. Sprinkle liberally with grated cheese and serve with grilled or fried tomatoes.

SCOTCH EGGS

3 eggs, hard boiled.

$\frac{1}{2}$ lb. sausages or sausage meat.

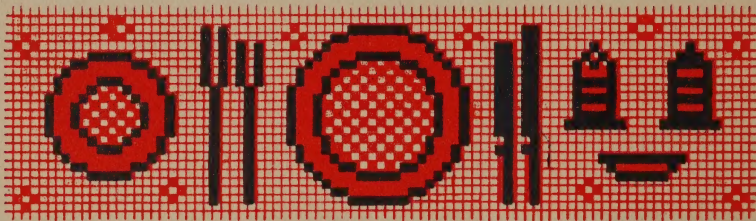
1 Oxo Cube.

Beaten egg, or batter.

Browned crumbs.

Three servings.

1. Skin sausages and shell eggs.
2. Grate or crumble Oxo Cube and with a fork work it well into sausage meat.
3. Divide into three ; pat into flat rounds and enclose an egg in each.
4. Dip in beaten egg and roll in crumbs.
5. Fry in hot, deep fat for 10 minutes.
6. Drain, and cut each egg across in half.
7. Garnish with sprigs of parsley.



SPAGHETTI VOLONNAISE

4 ozs. spaghetti.

1 rasher bacon.

1 small onion.

2 tomatoes.

1 Oxo Cube.

1 dessertsp. flour.

Small knob margarine.

Salt and pepper.

Grated cheese.

Two/three servings.

SPAGHETTI VOLONNAISE (*continued*)

1. Melt margarine in a saucepan.
2. Put in bacon cut in strips and onion finely chopped.
3. Fry lightly 10 minutes without browning onion.
4. Stir in flour and cook 3 minutes.
5. Add tomatoes, skinned and cut up, the Oxo Cube and 1 teacup hot water.
6. Stir until boiling, skim and simmer 15 minutes.
7. Cook spaghetti in boiling salted water for 12 minutes.
8. Drain and add to sauce. Serve with grated cheese.

STUFFED PANCAKES

- $\frac{1}{2}$ pint pancake batter.
- 1 Oxo Cube.
- 4 ozs. cold cooked or canned meat.
- 1 teasp. chopped parsley.
- 1 small onion.
- 1 level tablesp. flour.
- 1 oz. margarine.
- Salt and pepper.

Four large pancakes.

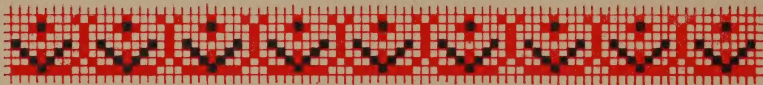
1. Chop onion very finely and sauté in margarine 10 minutes.
2. Dissolve Oxo in $\frac{1}{3}$ rd pint hot water.
3. Chop meat.
4. Blend flour with margarine in pan, add Oxo and stir until thick.
5. Mix in meat and parsley. Season well and re-heat without boiling.
6. Fry pancakes and keep hot until all are ready.
7. Put a spoonful of hot meat mixture down centre of each pancake.
8. Fold in 3 and serve at once, with tomato or brown sauce if liked.

STUFFED POTATOES

1 large well-shaped potato for each person.

<i>$\frac{1}{4}$ oz. margarine</i>	} <i>to each potato.</i>
<i>$\frac{1}{2}$ oz. grated cheese</i>	
<i>$\frac{1}{2}$ Oxo Cube</i>	
<i>A little milk</i>	
<i>Salt and pepper</i>	

1. Scrub the potatoes and bake in their jackets.
2. When cooked cut thin slice from top of each.
3. Scoop out centres into a bowl and mash well with a fork.
4. Add finely crumbled Oxo Cube, margarine, cheese, salt and pepper.
5. Mix well and beat in sufficient hot milk to make mixture fluffy.
6. Refill potato cases and put small knobs margarine on tops.
7. Return to oven or under grill to brown.



SUPPER CAKES

$\frac{1}{2}$ lb. sausages or sausage meat.

1 cup cold mashed potato.

1 or 2 Oxo Cubes (as preferred).

1 teasp. mushroom ketchup.

Beaten egg.

Browned crumbs.

Eight cakes.

1. Crumble Oxo Cube and dissolve in 1 tablesp. boiling water.
2. Skin sausage and put into bowl.
3. Add potato, Oxo and ketchup and mix well.
4. Form into flat cakes.
5. Coat with beaten egg and crumbs.
6. Fry in hot deep fat for 12 minutes to cook sausages.
7. Alternatively, coat with browned crumbs only and cook in fairly hot oven 30-40 minutes.

SAVOURY CELERY

- 1 good head celery.
- 1 oz. grated cheese.
- Pepper.
- 1 oz. margarine.
- $\frac{1}{2}$ -1 Oxo Cube.

1. Clean celery and cut into even lengths.
2. Melt margarine in a casserole and toss the celery in this for a few minutes.
3. Add Oxo Cube dissolved in $\frac{1}{4}$ cup hot water.
4. Season with pepper, and sprinkle with grated cheese.
5. Cover the casserole and cook in a moderate oven until the celery is tender.

Note.—Leeks may also be cooked in this way.

KIDNEY TOASTS

- 2 or 3 sheep's kidneys.
- 1 Oxo Cube.
- 2 or 3 tomatoes.
- $\frac{1}{2}$ oz. margarine.
- 1 teasp. flour.
- Buttered toast or fried bread.

Two servings.

1. Skin the kidneys and cut them into small pieces.
2. Roll them in the flour mixed with salt and pepper.
3. Make the margarine hot in a small pan.
4. Add the kidneys and fry gently for a few minutes turning them frequently.
5. Dissolve the Oxo in 4 tablesps. hot water and pour into the pan.
6. Cover closely and simmer very gently about $\frac{1}{2}$ hour.
7. Pile on hot toast or fried bread.
8. Serve at once with grilled or fried tomatoes.

Note.—If ox kidney is used the cooking time will be longer.

TOMATO & MUSHROOM FLAN

4 ozs. rough puff pastry.

$\frac{1}{2}$ lb. mushrooms.

1 Oxo Cube.

1 teasp. flour.

2 tomatoes.

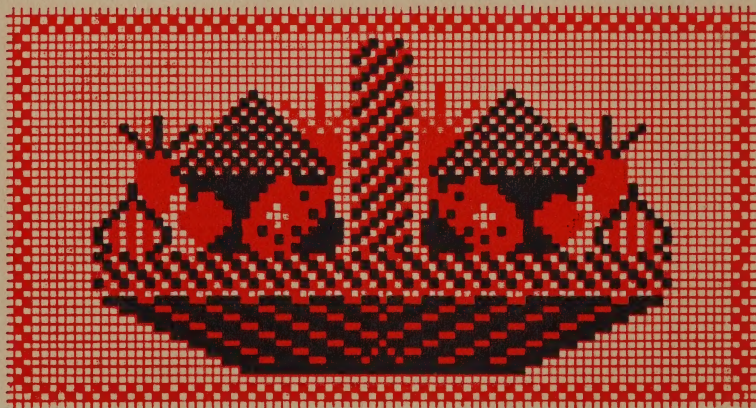
1 oz. margarine.

1 oz. grated cheese.

Salt and pepper.

Three servings.

1. Line a fireproof plate or sandwich tin with pastry and bake "blind" in hot oven.
2. Wash and peel the mushrooms and skin the tomatoes.
3. In a small covered pan cook mushrooms gently in margarine about 10 minutes.
4. Remove mushrooms and mix flour with remaining fat in the pan.
5. Stir and cook 2 minutes.
6. Add 3 tablesps. water and crumbled Oxo Cube and cook until thick.
7. Arrange sliced mushrooms and tomatoes over the cooked pastry.
8. Season and sprinkle with grated cheese.
9. Pour the sauce over and return to a moderate oven for 15 minutes.



APPROXIMATE
EQUIVALENT TEMPERATURES
FOR
GAS & ELECTRIC COOKERS

	<i>Regulo markings for Radiation Cookers</i>	<i>Electric deg. F.</i>
Very cool	$\frac{1}{4} - \frac{1}{2}$	240 - 280
Cool	1 - 2	280 - 320
Warm	2 - 3	320 - 340
Moderate	3 - 5	340 - 370
Moderately hot	5 - 6	370 - 400
Hot	7 - 8	400 - 450
Very hot	9 and above	over 450

OXO AS A DRINK

There are times during the day when you'll feel all the better for a cup of OXO.

Mid-morning—when you come home tired after shopping—as a nightcap—or whenever you need an invigorating drink. Children love OXO too, and it's good for them.

OXO is so easy to prepare. Just put an Oxo Cube or a level teaspoon of fluid OXO in a cup of hot water, stir, and a rich beefy beverage is ready. Many people like OXO made with hot milk instead of water.

Useful tip for husbands and others going to work—slip one or two Oxo Cubes in your pocket, and be ready to make a beefy drink at any time.



Why OXO is so good

On the great Oxo ranches overseas are hundreds of thousands of the finest "beef" cattle, whose high quality is due to many years of scientific breeding. Vast supplies of fresh lean beef provided by these cattle are highly concentrated by modern hygienic methods, and used in the preparation of Oxo Cubes and Oxo Fluid.



makes it beefy

Good soup is the making of a meal, and there are no better soups than FRAY BENTOS. Their delicious flavours have that touch of inspiration which makes them so much more than 'just another soup'.



FRAY BENTOS SOUPS & PASTE



Rich in flavour and smooth to the tongue, each subtly blended variety of FRAY BENTOS Meat or Fish Paste will captivate the palate of all those who appreciate savouriness at its best.

